

**Review of the Volume  
"Psycho-Educational  
and Social Intervention  
Program for Parents -  
Psycho-Educational  
Kit: Trainer's Manual  
and Trainee's  
Workbook,  
Coordinator: Aurora  
Adina Colomeischi,  
Lumen Publishing  
House, 2018**

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**Abstract:** The book entitled "Psycho-Educational and Social Intervention Program for Parents. Psycho-Educational Kit: Trainer's Manual and Trainee's Workbook", coordinated by Adina Aurora Colomeischi and published by Lumen Publishing House from Iași, Romania, in 2018, attracted my attention because of the way it approaches the inclusion of families with children with special needs. In the volume we find different variants and possibilities of development, both social, personal and emotional assessments for raising a child with special needs, but also for family development, by discovering new possibilities for the parent's evolution, by learning the parent and helping them master certain new techniques and theories.

**Keywords:** *Psycho-educational programs; social intervention; parenting; Adina Aurora Colomeischi.*

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The book “Psycho-Educational and Social Intervention Program for Parents. Psycho-Educational Kit: Trainer’s Manual and Trainee’s Workbook” (Colomeischi, 2018) is presented as a training program that supports families, both children and parents, as they develop together and learn new ways of personal development. Parents find in the book ways of addressing their personal needs as a parent, techniques for social-emotional development, addressing learning strategies, coping with stress and promoting social inclusion, improving resilience and experiencing well-being, which addresses their parental role and responds to the need for development of parenting skills, in order for them to become a real resource for their children with special needs. The PESI program includes the psychological, educational and social approach to psycho-educational disabilities, to promote the social inclusion of families who have and raise children with special needs. These special psychological needs are addressed through ways of psychological assessment of their personal, social-emotional skills and by demonstrating a specialized training for social-emotional learning, therefore the training is done for this purpose, to achieve well-being and master new approach strategies. The program has a preventive objective, to support the protective factors for the family and give support to the parent-child formula, as well as to modify or eliminate the risk factors in the family and in this team which is the parent-child relationship.

The PESI program is carried out in different stages, with the intention of increasing both the positive factors and reducing the negative factors, through the initial assessment (stress, social-emotional competence, resilience, well-being, social representation of parents), through parental training, post-preparation evaluation and monitoring, through parental involvement in support groups, followed by a final evaluation. This program supports families and the community through the positive examples presented to us, through the positive experiences and changes of these families, and also the individual changes at the level of the social-emotional abilities that help cope with new situations. Parents will increase their well-being and resilience by learning these new strategies in stressful situations, will improve their social-emotional competence by learning in training groups, will receive useful information about raising children with special needs, will expand their knowledge about the specifics of the social development of children with special needs, will develop awareness of their active role in facilitating the well-being of their children and family, and this experience will help parents, who will gain new knowledge by actively participating in support group meetings, will become inspirational resources for their group colleagues, through their involvement in the support network for raising children with special needs.

In many situations, but especially in the education and training of a child, of the future adult, the family has the greatest importance. As we well know, each individual is unique, as is the family, and especially those families where there is a child with special needs. It is very important for the family to be aware that it is special and it is very important to offer a variety of ways in which the family is involved, so that the child can receive maximum attention to his sensibilities in the various schemes of reality he is involved in, depending on the desired skills, which facilitates the ability of parents to respond sensitively to their child, thus promoting a secure relationship with their child. Families with a child with special needs have undoubtedly faced greater challenges than they ever thought possible. There may be times when they feel alone in their struggle. There is a possibility that they may be so preoccupied with focusing on their child's needs that they neglect the rest of the family, or have not even had the opportunity to receive encouragement from those who have traveled a similar path.

Raising a child with various physical, developmental or emotional challenges makes the parent face certain difficult situations, therefore a parent will find comfort in this volume, which also includes a collection of experiences of parents living the joys and trials of raising children with special needs. Emotional intelligence is of great interest in both the academic and non-academic worlds. Therapists, educators, and parents can learn from this book what they can do to help children develop their emotional intelligence, given that most research in this area has investigated the emotional intelligence of adults.

The volume shows that, in addition to the importance of unconditional love, parents must learn to accept the child as he is, to identify what is positive about the child instead of what he lacks, and to have the ability to recognize the child as a person who can have different life goals. It is also important to learn to focus on the present instead of the future, according to the saying "it is the travel that matters, not the destination". It is necessary for parents to understand that their lives are about change and that over time they will face a number of different challenges related to their children, and at the same time it is important for parents to accept their own need to take care of themselves.

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## References

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- Colomeischi, A. A. (2018). *Psycho-educational and social intervention program for parents. Psycho-educational kit: Trainer's manual and trainee's workbook*. Lumen.